

# Using SNAP Benefits



## SNAP Benefits **CAN** Buy:

- Foods for you and your household to eat, such as:
  - breads and cereals;
  - fruits and vegetables;
  - meats, fish and poultry; and
  - dairy products.
- Seeds and plants which produce food for you and your household to eat.

## SNAP Benefits **CANNOT** Buy:

- Beer, wine, liquor, cigarettes or tobacco.
- Any nonfood items, such as:
  - pet foods;
  - soaps, paper products; and
  - household supplies.
- Vitamins and medicines.
- Food that will be eaten in the store.
- Hot foods.

## Remember:

- Do not exchange SNAP benefits for cash.
- SNAP benefits may not be used to pay a credit account.
- Retailers shall not collect state or local sales taxes on purchases made with SNAP benefits.
- SNAP benefits expand your ability to eat a variety of foods.



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STEPS TO A HEALTHIER YOU

**For information on applying for SNAP benefits, call 1-800-221-5689**

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FNS-110 • Revised December 2008